



Intro- School Breakfast
Program Changes
SY 2013/2014- 2014/2015



Breakfast Meal Pattern ¹

School Year 2013-14 (Effective July 1, 2013)

Food Components and Food Items	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups) , low-fat (1% or less, unflavored only) or fat-free (unflavored or flavored) ³	1	5	1	5	1	5
Fruits (cups) ^{4, 5, 6}	½	2 ½	½	2 ½	½	2 ½
Grains (ounce equivalents) ^{7, 8} At least half of weekly grains must be whole-grain rich	1	7-10	1	8-10	1	9-10

Other Specifications: Daily Amount Based on the Average for a Five-Day Week			
Calories ^{9, 10}	350-500	400-550	450-600
Saturated Fat (percentage of total calories) ¹⁰	< 10	< 10	< 10
Trans Fat (grams) ¹⁰	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

The Meal Items for School Breakfast 2014

Grain



+

Fruit or
Vegetable



+

Milk



Grain



+

Meat or
Meat Alternate



+

Fruit or
Vegetable



+

Milk



Grain



+

Grain



+

Fruit or
Vegetable



+

Milk



Grain



+

Fruit or
Vegetable



+

Fruit or
Vegetable



+

Milk



Changes to Breakfast SY 2013-2014

- Half of all grain oz eq WGR
- Weekly grain ranges
- Calorie ranges
- Zero grams trans fat
- FBMP
- Meat not mandatory (option to count toward weekly grain min/max)
- 1 oz grain minimum per day
- OVS is now three items not components- more flexibility



Breakfast Meal Pattern ¹

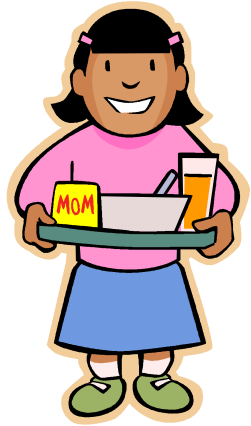
School Years 2014-15 through 2016-17 (Effective July 1, 2014)

Food Components and Food Items	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups) , low-fat (1% or less, unflavored only) or fat-free (unflavored or flavored) ³	1	5	1	5	1	5
Fruits (cups) ^{4, 5, 6}	1	5	1	5	1	5
Grains (ounce equivalents) ^{7, 8} All grains must be whole-grain rich	1	7-10	1	8-10	1	9-10

Other Specifications: Daily Amount Based on the Average for a Five-Day Week			
Calories ^{9, 10}	350-500	400-550	450-600
Saturated Fat (percentage of total calories) ¹⁰	< 10	< 10	< 10
Sodium (milligrams) ^{10, 11}	≤ 540	≤ 600	≤ 640
Trans Fat (grams) ¹⁰	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

Changes to Breakfast SY 2015

- OVS must contain $\frac{1}{2}$ cup fruit/vegetable
- Sodium Target 1 in effect
- All grains WGR
- 1 cup fruit offered
- No more than $\frac{1}{2}$ fruit offered in the form of juice
- Must serve 2 cups non-starchy vegetable before serving a starchy vegetable



How to Make a Breakfast

ITEM ONE

Milk Component

Choose One Milk:

1% Milk

Nonfat Milk

Nonfat Flavored

ITEM TWO

Fruit/Vegetable Component

Choose One or More Fruit/Vegetable:

100% Juice

Canned Fruit

Fresh Fruit

Salsa

ITEMS THREE AND FOUR

Grain and Meat/Meat Alternate Component

Choose Only One Grain/Meat*:

Bagel

Breakfast Burrito

French Toast with Sausage

OR

Choose One or Two Grain/Meat:

Muffin

Cereal

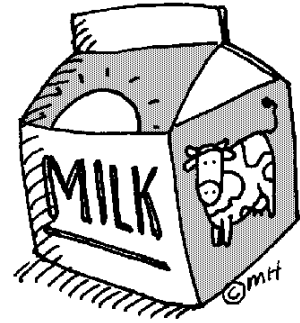
Yogurt

Cheese Stick

STUDENTS MUST SELECT AT LEAST 3 ITEMS!

*Items in this group count as 2 separate items (1 meat + 1 grain OR 2 grains OR 2 meats)

OVS Breakfast: Meal or No Meal?



1 oz cheese



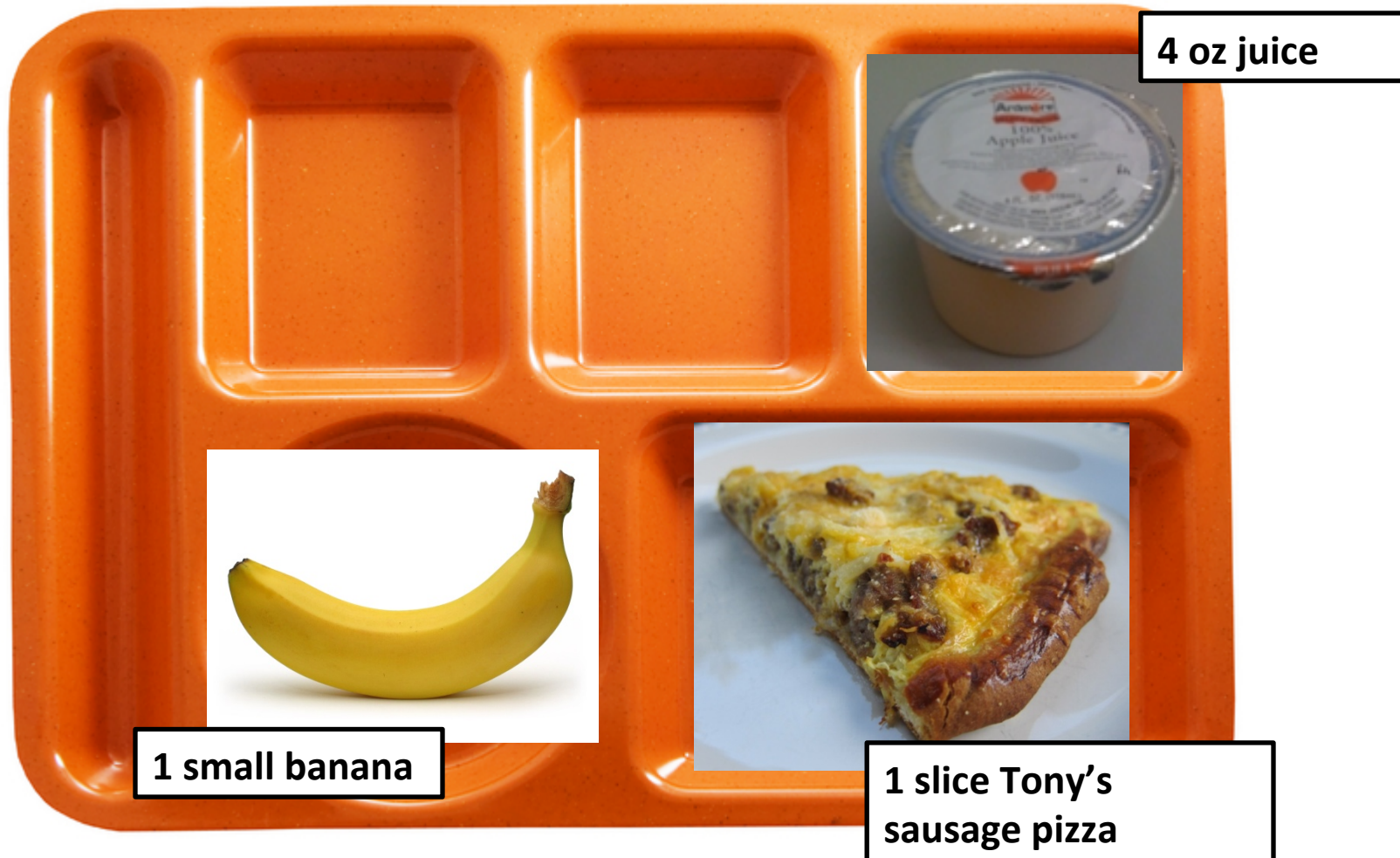
2 oz blueberry
muffin by weight

OVS Breakfast: **YES**

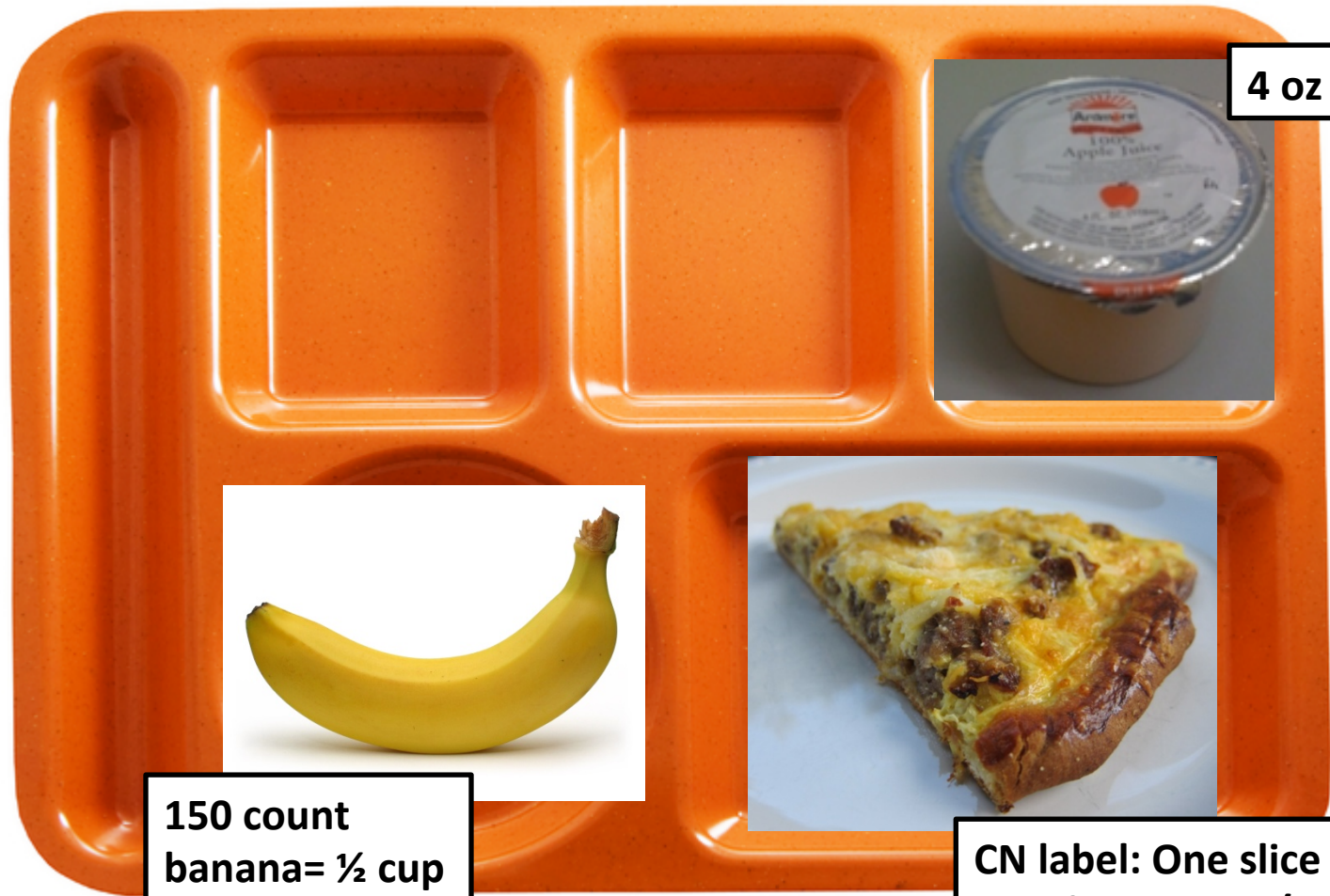


- *According to Exhibit A grain chart
- Group D: Muffins (all, except corn) 1 oz equivalent= 55 grams or 2.0 oz

OVS Breakfast: Meal or No Meal?



OVS Breakfast: **YES**

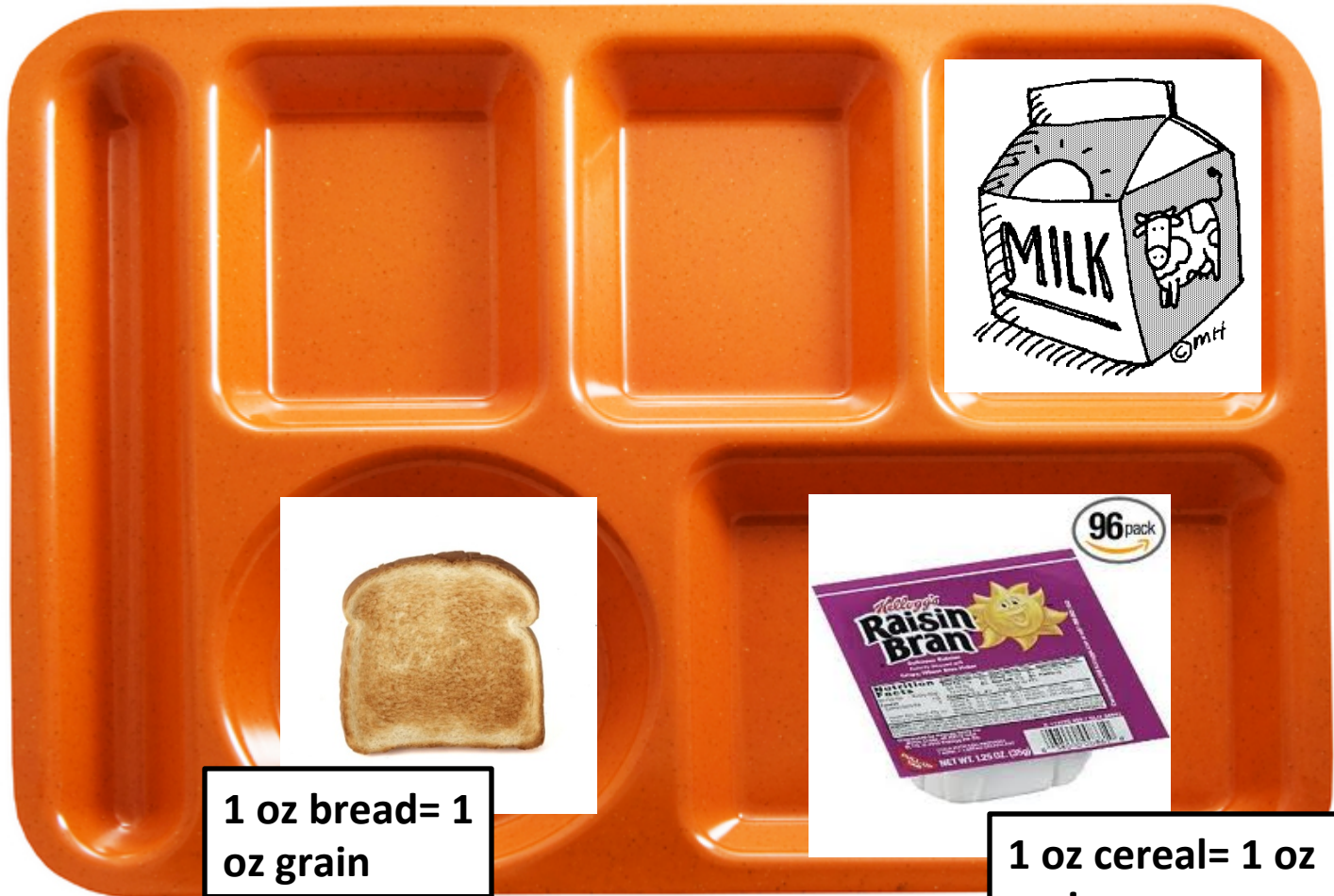


4 oz juice

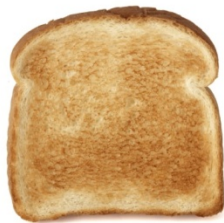
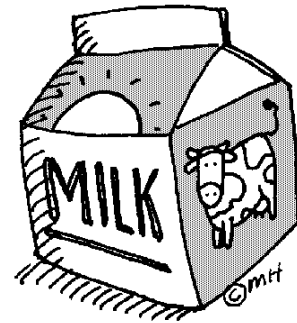
150 count
banana= $\frac{1}{2}$ cup
fruit

CN label: One slice is
equal to 2 Meat/Meat
Alternate and 2 Grains

OVS Breakfast: Meal or No Meal?



OVS Breakfast: **YES**



**1 oz bread= 1 oz
grain**



**1 oz cereal= 1 oz
grain**

OVS Breakfast: Meal or No Meal?



OVS Breakfast: **NO**

***ONLY TWO Items: fruit and 1 grain**



- ***Statement must be on front package (serving size: 1.55 oz)**
- **Otherwise credit based on Exhibit A grain chart**
- **Group E: cereal bars, breakfast bars, granola bars (with nuts, dried fruit, and/or chocolate pieces) ½ oz eq= 35 grams or 1.2 oz**

OVS Breakfast: Meal or No Meal?



OVS Breakfast: **YES**



4 oz juice

**Child Nutrition Program:
2 Bread Equivalents**

OVS Breakfast: Meal or No Meal?



2 oz sweet roll

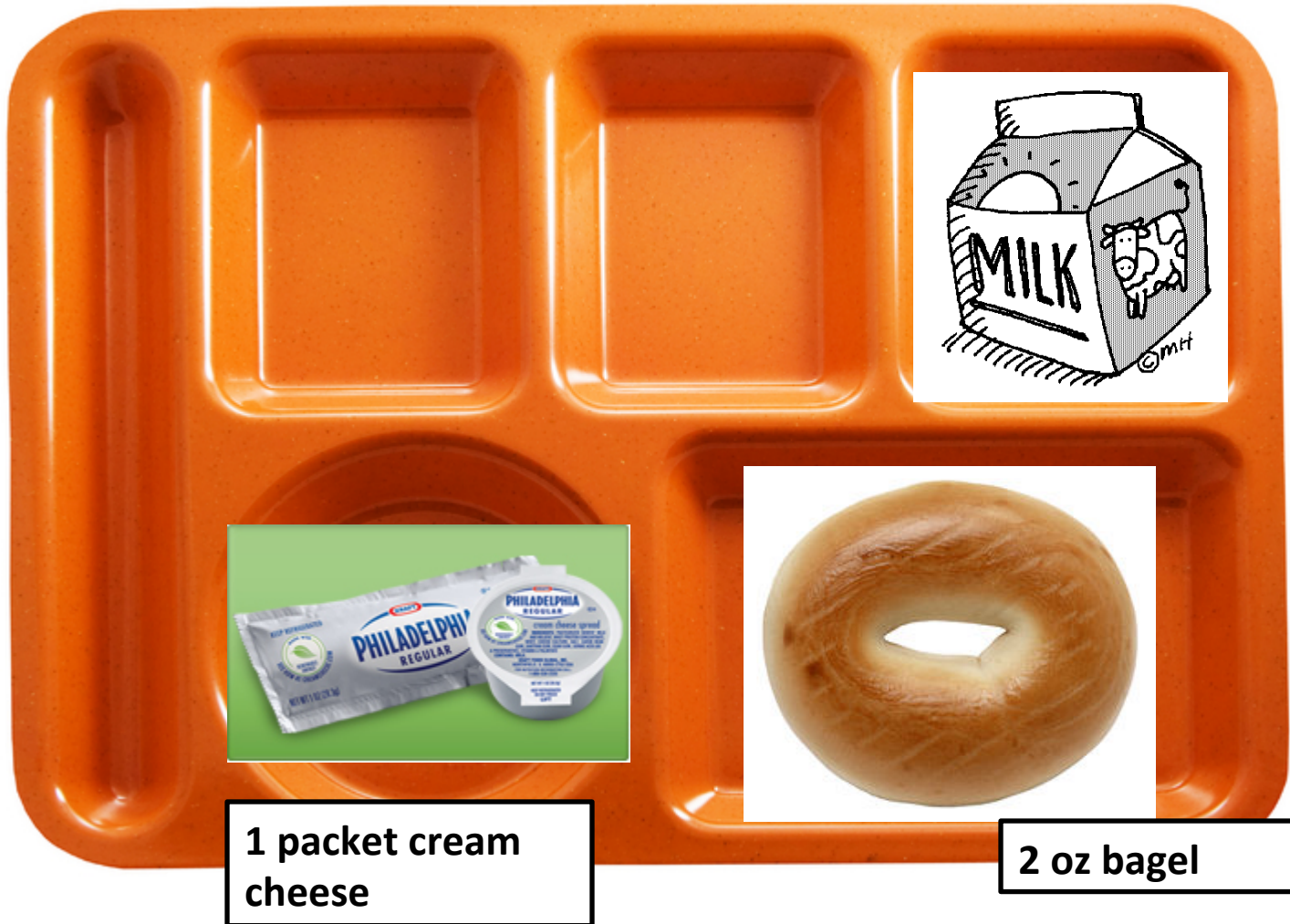
OVS Breakfast: **NO**

***ONLY TWO ITEMS: milk and grain**



- *According to Exhibit A grain chart
- Group E: sweet rolls (frosted) 1 oz equivalent= 69 grams or 2.4 oz

OVS Breakfast: Meal or No Meal?



1 packet cream
cheese

2 oz bagel

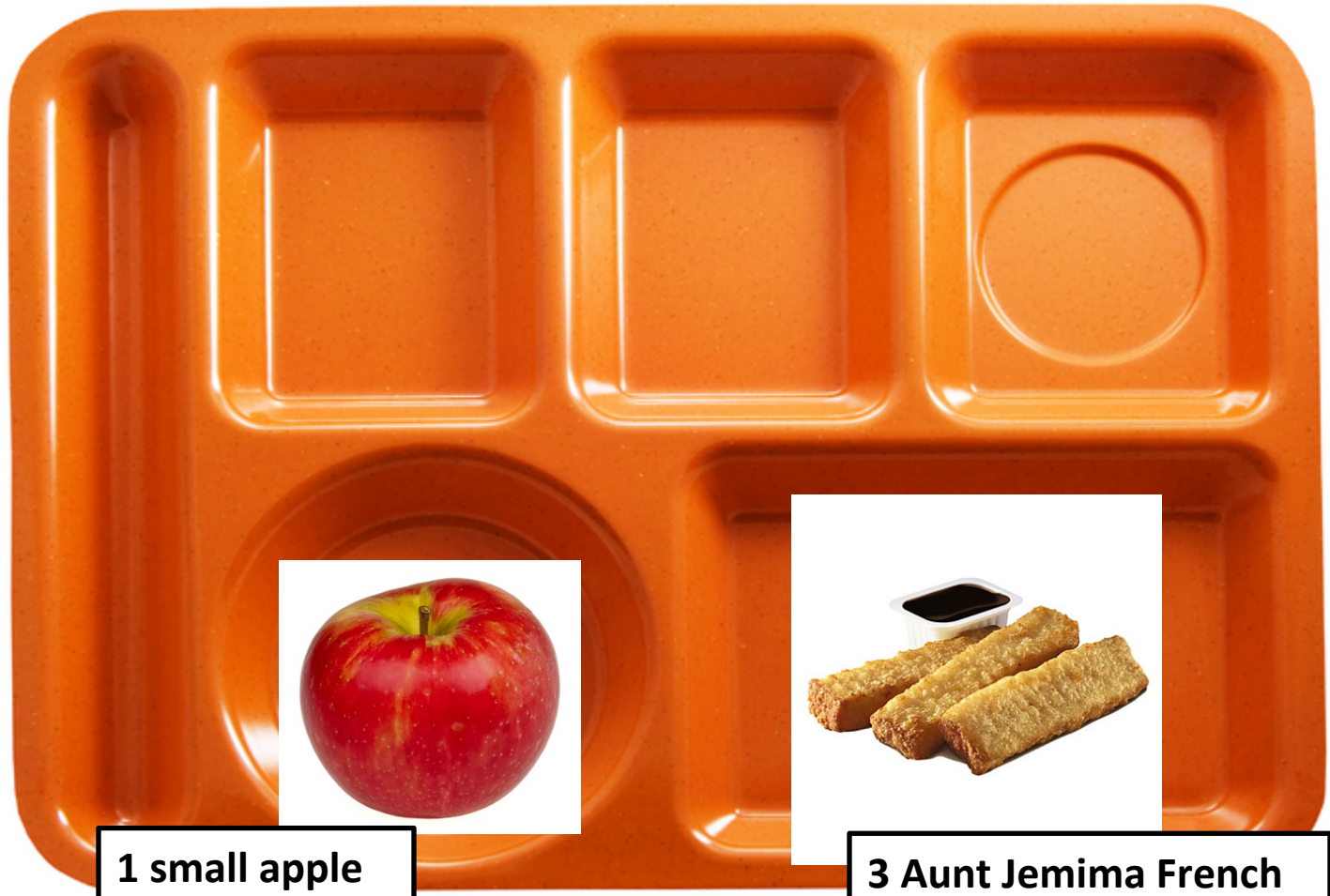
OVS Breakfast: **YES**



2 oz bagel= 2 oz
grain*

*According to Exhibit A grain chart
Group B: bagels 1 oz eq= 28 gm or 1.0 oz

OVS Breakfast: Meal or No Meal?

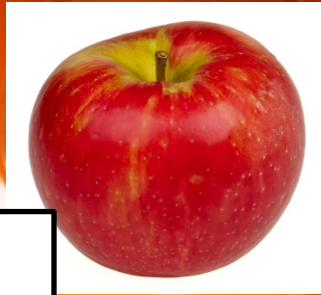


1 small apple

**3 Aunt Jemima French
Toast Sticks**

OVS Breakfast: **NO**

***ONLY TWO ITEMS: fruit and 1 grain**



150 count apple=
½ cup fruit

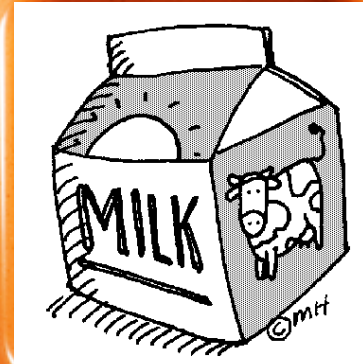


Aunt Jemima French Toast
Sticks: 1 stick = 0.5 oz grain
3 sticks= 1.5 oz grain*

*According to product spec sheet

OVS Breakfast: Meal or No Meal?

4 oz juice



3 USDA Whole Wheat
Pancakes

OVS Breakfast: **YES**

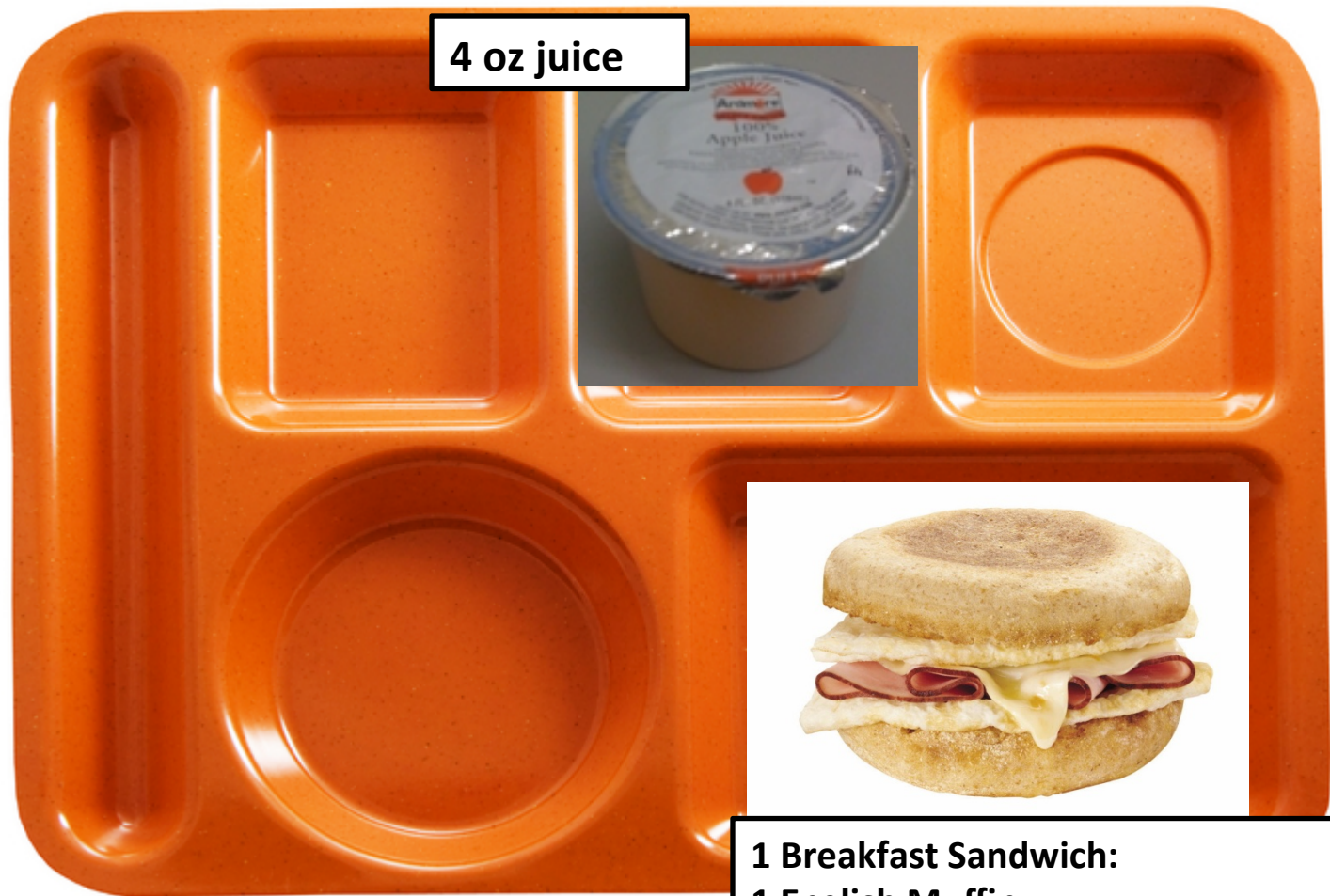
4 oz juice



3 pancakes (1.2 oz each)=
3.6 oz= 3 oz grain*

- *According to Exhibit A grain chart
- Group C: pancakes 1 oz eq= 34 gm or 1.2 oz

OVS Breakfast: Meal or No Meal?



4 oz juice

1 Breakfast Sandwich:
1 English Muffin
1 slice USDA American Cheese
1 slice deli ham (1.22 oz)
1 Sunny Fresh egg patty

OVS Breakfast: **YES**

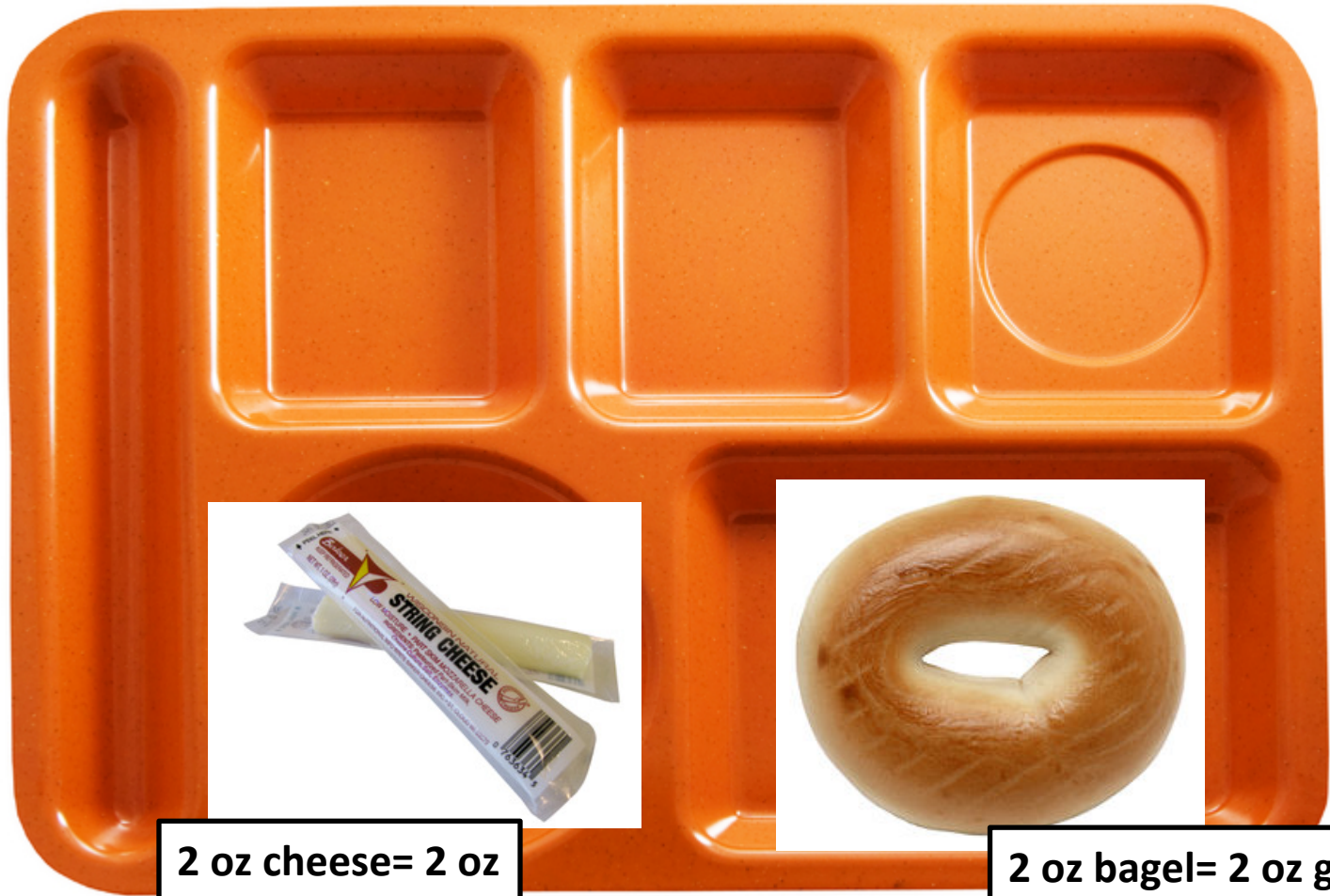
4 oz juice



*USDA American cheese
**Based on Food Buying Guide
***Child Nutrition label

1 English Muffin= 2 oz grain
1 slice cheese= 0.5 oz meat*
1.2 oz slice deli ham= 1 oz meat**
1 egg patty= 2 oz meat ***

OVS Breakfast: Meal or No Meal?

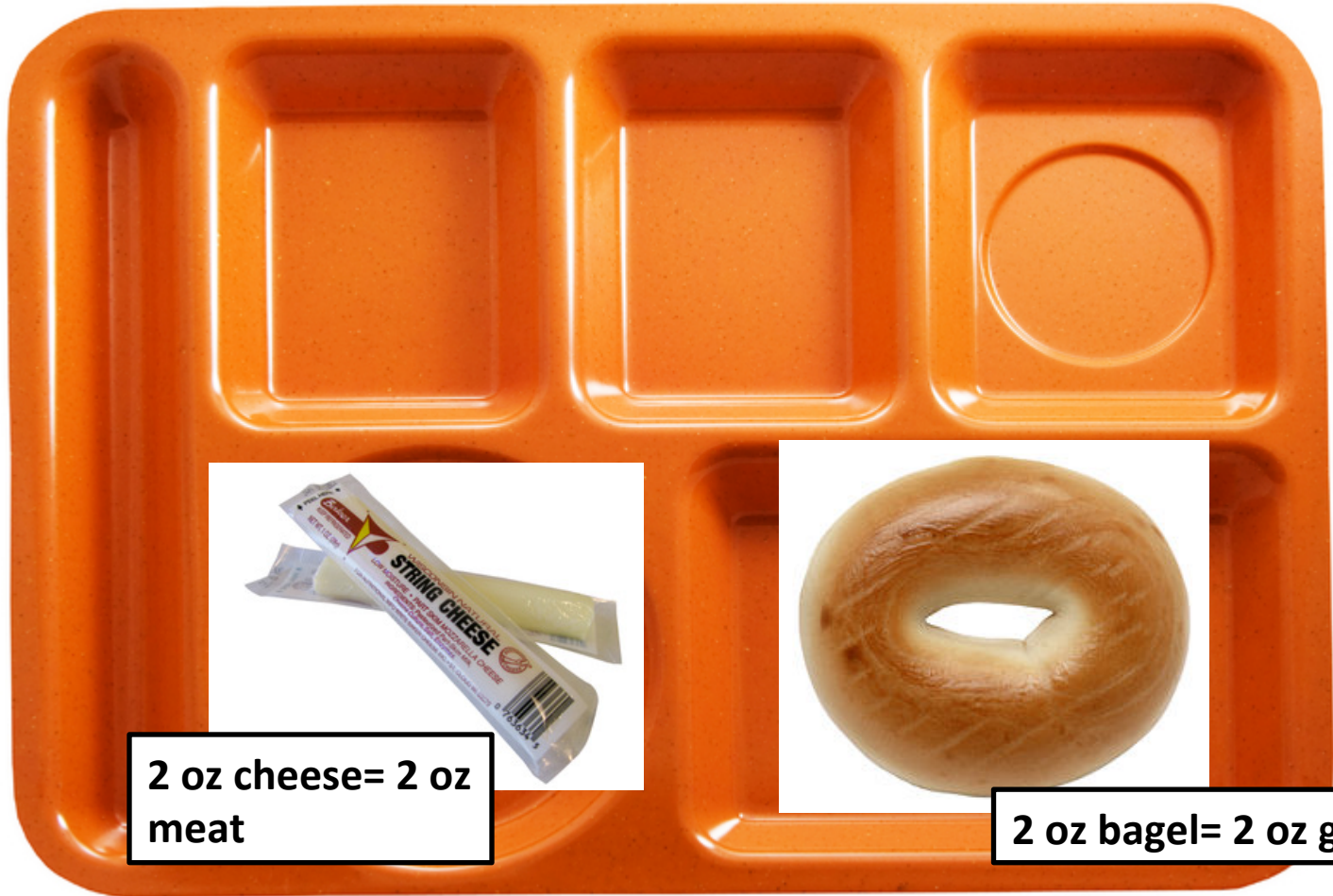


2 oz cheese= 2 oz
meat

2 oz bagel= 2 oz grain

OVS Breakfast: **YES**

Three items required, no longer three components



2 oz cheese= 2 oz
meat

2 oz bagel= 2 oz grain

OVS Breakfast: Meal or No Meal?



OVS Breakfast: **YES**

4 oz juice



4 oz juice



1 oz cereal= 1 oz grain

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

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